

Comparative study on WHO Western Pacific Region and World Federation of Chinese Medicine Societies international standard terminologies on traditional medicine: Syndrome Differentiation of Liver and Gallbladder Diseases

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Keywords: linguistics; terminology; translation; English; terms, traditional Chinese medicine; syndrome differentiation, liver and gallbladder disease

The liver, located below the diaphragm and in the right side of the abdomen, is, according to the theory of traditional Chinese medicine (TCM), the place where the ethereal soul and the blood are stored. In terms of the five elements, the liver pertains to wood and is characterized by action and elevation. The main physiological functions of the liver include controlling free coursing and storing the blood. Physiologically the liver opens into the eyes, governs the sinews, lusters the nails and corresponds to anger in emotions and tears in humors. Since the liver channel of foot-jueyin and the gallbladder channel of foot-shaoyang are

interconnected with each other, it is believed that there is an internal and external relationship between the liver and the gallbladder.

Liver diseases and patterns are of either deficiency or excess. Liver deficiency pattern is usually characterized by blood depletion and yin deficiency, while liver excess pattern is often marked by qi depression and fire exuberance as well as intrusion and assailment of cold pathogen and dampness-heat. Clinical manifestations of gallbladder diseases include distending pain in the chest, hypochondrium and lateral sides of the lower abdomen, restlessness, irascibility, vertigo, distending pain, tremor

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<p>DOI: 10.3736/jcim20110617 http://www.jcimjournal.com</p> <p>Li ZG. Comparative study on WHO Western Pacific Region and World Federation of Chinese Medicine Societies international standard terminologies on traditional medicine: Syndrome Differentiation of Liver and Gallbladder Diseases. <i>J Chin Integr Med.</i> 2011; 9(6): 688-693. 李照国. WHO 西太区与世界中医药学会联合会中医名词术语国际标准比较研究:肝胆病辨证. 中西医结合学报. 2011; 9(6): 688-693.</p> <p>Received April 18, 2011; accepted April 21, 2011; published online June 15, 2011. Full-text LinkOut at PubMed. Journal title in PubMed: <i>Zhong Xi Yi Jie He Xue Bao.</i></p> <p>基金项目: 国家社会科学基金资助项目 (No. 08BYY009); 国家中医药管理局资助项目 (No. ZYYS20090010-2); 国家质量监督检验检疫总局资助项目 (No. 200910263)</p> <p>Correspondence: Zhao-guo Li, MD, Professor; E-mail: zhooushi@163.com; Blog: zhooushi.blog.163.com</p>	<p>Li ZG. Comparative study on WHO Western Pacific Region and World Federation of Chinese Medicine Societies international standard terminologies on traditional medicine: Syndrome Differentiation of Stomach and Intestinal Diseases. <i>J Chin Integr Med.</i> 2011; 9(5): 575-580. 李照国. WHO 西太区与世界中医药学会联合会中医名词术语国际标准比较研究:胃肠病辨证. 中西医结合学报. 2011; 9(5): 575-580. Full text available at http://www.jcimjournal.com/en/fulltext2.aspx?articleID=jcim20110518</p> <p>Li ZG. Comparative study on WHO Western Pacific Region and World Federation of Chinese Medicine Societies international standard terminologies on traditional medicine: Syndrome Differentiation of Spleen Diseases. <i>J Chin Integr Med.</i> 2011; 9(4): 453-458. 李照国. WHO 西太区与世界中医药学会联合会中医名词术语国际标准比较研究:脾病辨证. 中西医结合学报. 2011; 9(4): 453-458. Full text available at http://www.jcimjournal.com/FullText2.aspx?articleID=jcim20110416</p> <p>More related articles at http://www.jcimjournal.com/FullText2.aspx?articleID=jcim20110617</p>

of limbs, convulsion of hands and feet, eye disorder and irregular menstruation. The most commonly encountered symptoms of gallbladder diseases are bitterness in the mouth, jaundice, palpitation and insomnia.

The following is a brief discussion on the English translation of the names of liver diseases included in the *WHO International Standard Terminologies on Traditional Medicine in the Western Pacific Region*^[1] (abbreviated as the WPRO Standard) and the *International Standard Chinese-English Basic Nomenclature of Chinese Medicine compiled by World Federation of Chinese Medicine Societies*^[2] (abbreviated as the WFCMS Standard), according to the studies made in the book entitled *International Standardization of English Translation of Traditional Chinese Medicine: Study of Theory, Summarization of Practice and Exploration of Methods*^[3].

肝胆病辨证 liver-gallbladder diseases pattern identification/syndrome differentiation: visceral pattern identification/syndrome differentiation dealing with liver and gallbladder diseases

At the International Classification of Traditional Medicine (ICTM) Annual Network Meeting held in Hong Kong from 29th March to 3rd April 2011, WHO insisted to translate 病 in TCM as “disorder” because the term “disease” was already used by Western medicine in the *International Classification of Diseases*. After discussion, the terminology group suggested to use the English word “disorder” to translate 病 in traditional medicine.

肝气郁结证; 肝郁证 liver qi depression pattern/syndrome: a pattern/syndrome marked by depression, frequent sighing, hypochondriac or lower abdominal distention or moving pain, and string-like pulse; and in women, distending pain of the breast and irregular menstruation, the same as the liver qi stagnation/constraint pattern/syndrome

In TCM, 肝气郁结 and 肝郁 are two separate terms, though they are similar to each other in meaning. In translation, it is advisable to translate them separately so as to maintain the original expressions in TCM. If 肝气郁结证 is translated as “liver qi depression pattern”, then 肝郁证 can be translated as “liver depression pattern”. Besides, the phrase 郁结 is composed of two Chinese characters, namely 郁, which means depression, and 结, which means bind according to the translation made in the WPRO Standard^[1]. Thus the ideal translation of 肝气郁结证 may be “liver qi

depression-bind pattern”. In the definition, “moving pain” may be the translation of the Chinese term 游走性疼痛 which is also frequently translated as “wandering pain” or “migratory pain”. The phrase “string-like pulse” may be the translation of the Chinese term 脉弦 which is also frequently translated as “taut pulse”.

肝血虚证; 肝血亏虚证 liver blood deficiency pattern/syndrome: a pattern/syndrome marked by sallow complexion, impaired vision, insomnia, deficient amount or absence of menstruation and pale tongue and lips

In TCM, 肝血虚证 and 肝血亏虚证 are two separate terms. Though similar to each other in meaning, they may bear some subtle semantic difference. For instance, both 虚 and 亏虚 generally mean deficiency, but 虚 just describes the state of being deficiency while 亏虚 seems to emphasize the process of becoming deficient. And in Chinese, 虚 is a one-character concept which means deficiency while 亏虚 is a two-character concept which implies both depletion and deficiency. In this case, if 肝血虚证 is translated as “liver blood deficiency pattern/syndrome”, 肝血亏虚证 may be reasonably translated as “liver blood depletion-deficiency pattern/syndrome”. In this definition, the phrase “pale tongue” may be the translation of the Chinese term 舌淡 which is usually rendered as “light-colored tongue”, not so serious as “pale”.

肝阴虚证; 肝阴亏虚证 liver yin deficiency pattern/syndrome: a pattern/syndrome attributed to insufficient yin fluid that fails to moisten and nourish the liver, marked by dizziness, headache, blurred vision, dryness of eyes, insomnia, thirst, dry throat, scanty tongue coating and fine pulse

In TCM, 肝阴虚证 and 肝阴亏虚证, similar as 肝血虚证 and 肝血亏虚证 discussed above, are two separate terms and need to be translated separately to maintain a distinction between them. If 肝阴虚证 is translated as “liver yin deficiency pattern/syndrome”, 肝阴亏虚证 can be translated as “liver yin depletion-deficiency pattern/syndrome” accordingly. In the definition, the phrase “fine pulse” may be the translation of the Chinese term 脉细 which is also frequently rendered as “thready pulse” or “thin pulse”.

肝阳虚证 liver yang deficiency pattern/syndrome: a pattern/syndrome due to weakened yang qi with diminished function of the liver, marked by depression and susceptibility to fright, distension and oppression in the hypochondriac regions, fear

of cold with cold limbs, dizziness, blurred vision, pale tongue with white coating and sunken slow weak pulse

The term 肝阳虚证 is quite self-evident and easy to translate. In the definition, the phrase “distension and oppression in the hypochondriac regions” may be the translation of the Chinese term 胸胁胀闷 in which the Chinese character 闷 appears difficult to be clearly expressed in English. In the Chinese language, 闷 describes a kind of complicated feeling in the chest, usually characterized by oppression, distress and depression. The phrase “fear of cold” is obviously the translation of the Chinese term 恶寒 which is also frequently translated as “aversion to cold”. In the WPRO Standard^[1], both “fear of cold” and “aversion to cold” are used.

肝风内动证; 肝风证 pattern/syndrome of internal stirring of liver wind: a pattern/syndrome marked by convulsion or tremor or spasm, also known as the liver wind pattern/syndrome

In TCM, 肝风内动证 and 肝风证 are two separate terms that are similar to each other in meaning. However, as term translation, they might be reasonably rendered separately to maintain a variety of expressions in the system of TCM. If 肝风内动证 is rendered as “pattern/syndrome of internal stirring of liver wind”, 肝风证 can be simply translated as “liver wind pattern/syndrome” as suggested in the definition above.

肝阳化风证 pattern/syndrome of liver yang transforming into wind: a pattern/syndrome marked by dizziness with tendency to fall or even sudden attack of syncope, shaking of head, tremor of limbs, irritability, irascibility, flushing of face, reddened tongue and string-like pulse

To translate 肝阳化风证 as “pattern/syndrome of liver yang transforming into wind” is certainly clear and equivalent to the original term in Chinese. In the definition, the phrase “dizziness with tendency to fall” may be the translation of the Chinese expression 眩晕欲坠, sounding understandable and seeming to be a new and acceptable approach in the translation of this expression.

肝郁气滞证 pattern/syndrome of liver depression and qi stagnation: a pattern/syndrome marked by depressed mood, frequent sighing, feeling of a foreign body in the throat, distension, oppression and scurrying pain in the chest or lesser abdomen, distending pain of the breast and menstrual irregularities in women, white tongue coating and string-like pulse

To translate 肝郁气滞证 as “pattern/syndrome of liver depression and qi stagnation” is undoubtedly equivalent to the original term in the source language. In the definition, the phrase “depressed mood” may be the translation of the Chinese term 精神抑郁 which is also frequently rendered as “mental depression”; the phrase “scurrying pain” may be the translation of the Chinese term 窜痛, which is quite vivid, much better than “wandering pain” as used in the current translation practice; the expression “lesser abdomen” may be the translation of the Chinese concept 少腹 which actually refers to the lateral sides of the lower abdomen; the phrase “menstrual irregularities in women” is obviously the translation of the Chinese expression 妇女月经不调 which is often translated as “irregular menstruation”, quite clear in meaning and concise in structure. Since “menstruation” is a phenomenon just occurring in women, the word “women” can be omitted in the translation.

肝郁血瘀证; 肝血瘀滞证 pattern/syndrome of liver depression and blood stasis: a pattern/syndrome arising when stagnant liver qi causes blood stasis in the liver, marked by depressed mood, hypochondriac distending or stabbing pain, or formation of mass in the hypochondriac region or lesser abdomen, purple tongue or purple spots on the tongue, and string-like choppy pulse

In TCM, 肝郁血瘀证 and 肝血瘀滞证 are two separate terms that, of course, are similar in meaning. However, in terms of term translation, it is still advisable to translate them separately. If 肝郁血瘀证 is translated as “pattern/syndrome of liver depression and blood stasis”, 肝血瘀滞证 may be reasonably translated as “pattern/syndrome of liver blood stasis and stagnation”. In the definition, the expression “formation of mass in the hypochondriac region” seems to be the translation of the Chinese term 癥瘕 which means the formation of mass in the abdomen or in the hypochondriac region. However, such a “mass” may be either palpable or just a sort of subjective feeling.

肝郁化火证 pattern/syndrome of depressed liver qi transforming into fire: a pattern/syndrome marked by distension, pain and burning sensation in the hypochondriac region, irritability, irascibility, bitterness and dryness in the mouth, reddened tongue with yellow coating and rapid string-like pulse, the same as the pattern/syndrome of stagnated liver qi transforming into fire

To translate 肝郁化火证 as “pattern/syndrome of depressed liver qi transforming into fire” seems

to be a liberal translation. To make it more equivalent to the original Chinese term, this translation is still in need of improvement, for instance, to change it into “pattern/syndrome of liver depression transforming into fire”. In the definition, the phrase “burning sensation” seems to be the translation of the Chinese term 灼热 which is also frequently rendered as “scorching sensation”.

肝火上炎证 pattern/syndrome of liver fire flaming upward: a pattern/syndrome marked by headache, dizziness, tinnitus with buzzing in the ears, impairment of hearing, blood-shot eyes, mental irritability, bitter taste in the mouth, yellow coating of the tongue, rapid string-like pulse, and hematuria, hemoptysis or epistaxis in severe cases

The Chinese term 肝火上炎 is also frequently rendered as “up-flaming of liver fire” in the current translation practice. In the definition, the expression “blood-shot eyes” may be the translation of the Chinese term 目飞血 which means congestion of the eye, similar to hyperemia of bulbar conjunctiva in Western medicine. In the definition, some Western medical terms, such as hematuria, hemoptysis or epistaxis are used to refer to bloody urine, vomiting of blood and nasal bleeding in TCM. According to the advice of WHO for ICTM, Western medical terminologies and concepts are not encouraged to use in translating traditional medical terminologies and concepts.

肝火炽盛证 intense liver fire pattern/syndrome: a pattern/syndrome marked by hypochondriac pain, dryness and bitterness in the mouth, vomiting of bitter fluid, irritability, irascibility, insomnia or dream-disturbed sleep, flushed face, blood-shot eyes, constipation, dark urine, reddened tongue with yellow coating and rapid string-like pulse

The Chinese phrase 炽盛 is translated quite differently in the current translation practice, such as exuberance, intenseness and predominance, etc. In the WPRO Standard^[1] and the WFCMS Standard^[2], the English word “intense” is generally used to translate 炽盛, which is certainly understandable if consistency is maintained in the whole standard. In the definition, the phrase “dream-disturbed sleep” may be the translation of the Chinese term 多梦 which is often translated as “dreaminess”. Comparatively speaking, “dream-disturbed sleep” is more expressive than “dreaminess”. The expression “dark urine” may be the translation of the Chinese term 尿赤 which is also

frequently rendered as “brown urine”.

肝阳上亢证 pattern/syndrome of ascendant hyperactivity of liver yang: a pattern/syndrome marked by dizziness, headache, flushed face, blurred vision, tinnitus, bitter taste in the mouth and string-like pulse

The Chinese term 上亢 just means hyperactivity. To translate it as “ascendant hyperactivity” seems a little wordy. Semantically speaking, the word “ascendant” seems unnecessary. In the definition, the phrase “flushed face” is obviously the translation of the Chinese term 面赤 which is also translated as “flushing of face” in the WPRO Standard^[1]. Comparatively speaking, “flushed face” is used more frequently in the current translation practice.

肝胆湿热证 liver-gallbladder dampness-heat pattern/syndrome: a pattern/syndrome marked by fever and chills, jaundice, hypochondriac and abdominal pain, bitter taste in the mouth, nausea and rapid slippery pulse

According to the general structure of term translation in the WPRO Standard^[1], to change “liver-gallbladder dampness-heat pattern/syndrome” into “pattern/syndrome of liver-gallbladder dampness-heat” seems practical for maintaining a consistency of the structure of terms in the WPRO Standard. In the definition, the English word “chills” may be the translation of the Chinese term 恶寒 which is usually rendered as “aversion to cold” or “fear of cold”. However, “chills” is also frequently used to translate this Chinese term.

寒滞肝脉证 pattern/syndrome of cold stagnating in the liver meridian: a pattern/syndrome marked by spasmodic symptoms in the area related to the liver meridian, such as stretching pain with cold sensation in the lower abdomen and testicles

The Chinese concept 脉 in 肝脉 refers to 经脉 which is traditionally translated into either “meridian” or “channel”. In the current translation practice, both meridian and channel are used quite frequently. However, in the WPRO Standard^[1] for the nomenclature of meridians and acupoints used in acupuncture, “meridian” is used as the first choice. But at the ICTM Annual Network Meeting held in Hong Kong from 29th March to 3rd April 2011, it was suggested to use “channel” to translate 经脉. The final decision will be made by the terminology group later this year.

肝经湿热证 pattern/syndrome of dampness-heat in the liver meridian: a pattern/syndrome marked by distending pain in the hypochondriac region,

or itching and painful swollen genitalia, or ear pain with purulent discharge, reddened tongue with yellow slimy coating and rapid slippery pulse

The Chinese term 肝经湿热证 is structurally easy to be translated. In the definition, the English word “slimy” is obviously used to translate the Chinese concept 腻 which is also often rendered as “greasy”. However, comparatively speaking, “slimy” seems better than “greasy” semantically in expressing the idea implied in the original concept.

胆热证 gallbladder heat pattern/syndrome: a pattern/syndrome marked by irritability, irascibility, hypochondriac distension, bitterness in the mouth, ear pain, tinnitus, insomnia and reddened tongue with yellow coating

胆郁痰扰证 pattern/syndrome of depressed gallbladder with harassing phlegm: a pattern/syndrome marked by timidity, susceptibility to fright, insomnia and dreamful sleep, vexation, oppression and distension in the chest and hypochondriac region, frequent sighing, dizziness, bitter taste in the mouth, nausea, vomiting, white slimy tongue coating and string-like pulse, the same as the pattern/syndrome of stagnated gallbladder with harassing phlegm

The Chinese character 扰 in the term 胆郁痰扰证 is often translated as “disturb”. In the WPRO Standard^[1] and the WFCMS Standard^[2], 扰 is rendered as “harass”, which sounds quite dynamic and expressive. As to the translation of 胆郁痰扰证, “depressed gallbladder with harassing phlegm” is certainly understandable. However, to change it into “gallbladder depression harassing phlegm” seems more equivalent to the structure and meaning of the original term. In the definition, the phrase “dreamful sleep” seems to be the translation of the Chinese term 多梦 which is usually translated as “dreaminess”. However in the WPRO Standard^[1], it is occasionally rendered as “dream-disturbed sleep” which sounds more equivalent to the original term.

胆气虚证; 胆气亏虚证 gallbladder qi deficiency pattern/syndrome: a pattern/syndrome marked by panic, suspicion, sighing, nervousness, irritability, lassitude, dizziness and insomnia

In TCM, 胆气虚证 and 胆气亏虚证 are similar to each other in meaning. However, they are two separate terms in TCM and thus need to be translated separately. If 胆气虚证 is translated as “gallbladder qi deficiency pattern/syndrome”, 胆气亏虚证 can be thus rendered as “gallbladder qi depletion-deficiency pattern/syndrome”, so as to

make a structural distinction between these two terms. In the definition, the word “lassitude” may be the translation of the Chinese term 倦怠 which generally means tiredness, fatigue or unwillingness to move.

虫扰胆腑证 pattern/syndrome of worms harassing the gallbladder: a pattern/syndrome marked by paroxysms of unbearable abdominal pain associated with pale complexion, reversal cold of limbs, vomiting of bitter fluid or ascarides

The Chinese character 虫 in 虫扰胆腑证 is also frequently rendered as “parasite”. Comparatively speaking, “parasite” sounds too modern. Semantically speaking, “worm” seems better than “parasite” in terms of equivalence in translating the Chinese character 虫. In the definition, the phrase “reversal cold of limbs” may be, according to the translation approaches adopted by WPRO Standard^[1], the translation of the Chinese term 四肢逆冷 which is usually rendered as “extreme cold of limbs”. However in the West, some translators prefer to use “reversal” to translate the Chinese character 逆.

Apart from the terms analyzed above, the WFCMS Standard^[2] also include some other related terms, such as 肝火犯头证 (syndrome/pattern of liver fire invading head), 肝火燔耳证 (syndrome/pattern of liver fire invading ear), 风轮阴虚证 (yin deficiency syndrome/pattern of wind orbiculus), 风轮风热证 (wind-heat syndrome/pattern of wind orbiculus), 风轮湿热证 (dampness-heat syndrome/pattern of wind orbiculus), 风轮热毒证 (heat-toxin syndrome/pattern of wind orbiculus), etc.

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WHO 西太区与世界中医药学会联合会中医名词术语 国际标准比较研究:肝胆病辨证

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关键词: 语言学; 科学术语; 翻译; 英语; 中医名词; 肝胆病辨证

《中西医结合学报》增设“研究方案”栏目

《中西医结合学报》开设了一个新的栏目——研究方案(Study Protocol),欢迎广大作者及读者踊跃投稿。

“研究方案(Study Protocol)”栏目主要发表已注册的临床试验的研究方案。发表临床试验的研究方案将使研究者的研究方案通过同行评议获得有价值的反馈;使读者能够将研究的最初计划与实际完成情况进行比较,从而避免发生“挑选数据”和事后修正研究目的的做法;使试验资助者及研究者知晓何种类型的试验正在进行以避免重复试验;使系统综述的作者方便获取正在进行的试验研究的资料,在一定程度上减少发表偏倚;使患者了解正在进行的试验以决定他们是否主动成为受试者。综上所述,发表临床试验的研究方案将有助于提高医学研究的水平。

在本刊发表的研究方案将是一篇可被全文引用的开放获取文章,同时还将被收录于 PubMed。本刊所接收的研究方案可以是计划中的研究或者是正在进行中的研究。如果该研究已获得相关伦理委员会审查通过并由较大规模的基金支持,则通常这类研究方案不再需要同行评议;而没有基金支持或未通过伦理审查的研究方案将通过同行评议才能考虑被本刊录用。作者在投稿时应该提供伦理审查和基金资助情况的证明。

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在本刊发表研究方案的作者并非一定要将其后期的研究结果投稿给本刊,但本刊将十分欢迎这些后续投稿。

研究方案应提供该研究设计的假设、主要论据及方法学。研究方案的撰写应分为以下几个部分:(1)文题页;(2)结构式摘要,分背景(Background)、方法/设计(Methods/Design)、讨论(Discussion)、临床试验注册(Trial Registration)4个部分;(3)关键词;(4)正文;(5)参考文献;(6)图表,必须有试验流程图,也可以有其他图表(附图注、表注);(7)其他资料(如有)。

研究方案中正文的写作可以分以下几个部分:(1)背景(Background),可以包括研究背景、研究意义或前期研究(Pilot Study)、研究目的(Aims)和假设(Hypotheses)等;(2)方法(Methods),根据试验的实际情况可以包括研究设计(Study Design)、受试者(Participants)、人口学特征(Demographic Characteristics)、样本量计算(Sample Size)、纳入标准(Inclusion Criteria)、排除标准(Exclusion Criteria)、干预措施(Study Interventions)、试验场所(Settings)、随机分配方法(Randomization and Allocation)、盲法(Blinding)、知情同意(Informed Consent)、伦理委员会审查(Ethics Review)、主要结局指标(Primary Outcome Measures)、次要结局指标(Secondary Outcome Measures)、不良反应(Adverse Events)、随访(Follow-up)、数据管理和质量控制(Data Management and Quality Assurance)、统计学方法(Statistical Methods)等内容;(3)讨论(Discussion);(4)利益冲突(Competing Interests)、作者贡献(Authors' Contributions)、致谢(Acknowledgements)及基金资助(Funding Source)等。

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